

PERCEPTIONS OF RETIRED PROFESSIONALS TOWARDS PARTICIPATION IN POST-RETIREMENT ACTIVITIES

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ABSTRACT

The aim of the investigation is, to know the retired professionals' perceptions towards participating in post-retirement activities. The current article deliberates only interest towards post-retirement activities, which was measured in terms of their willingness and not the willingness. Retired professional's willingness/not willingness towards post-retirement activities was studied according to their age group, gender and occupation. A sample of 180 retired professionals from the public sector, belonging to the five categories of occupations such as: teaching, research, administration, law and medical were selected for the study. To study the retiree's perceptions to post-retirement activity preferences, a questionnaire was developed by the investigator. The results of the study indicate that, about 2/3rd of the total sample expressed 'willingness' and 1/3rd of the samples were 'not willing' to take part in post-retirement activities. The majority of the sample from first two age groups such as (71%) from 61-65 and (67%) from 66-70 years age group retired professionals expressed their willing to involve in post-retirement activities than the older age group retirees (71-75 years). Further, retired men compared to women were more interested in giving willingness for post-retirement activities, however, occupation wise differences show that the retired professionals from the field of law and teaching were more interested in giving willingness towards the activities of post-retirement.

KEYWORDS: Retirement, Post-Retirement, Activities, Interests and Retired Professionals

INTRODUCTION

Retiring from work constitutes a major life transition that most people experience at some point in the course of their life. For instance, the retirees approach in terms of willingness and not the willingness towards post-retirement activities are an important area of research which has various advantages to the older population.

The post-retirement participation includes forming into different types of social groups such as work groups, profession related groups, community groups, voluntary groups and sporting groups to involve in social engagements and to maintain social relationships by taking part in group activities.

More specifically, we argue that retirement has an important bearing on the health and quality of life because it typically involves relinquishing social group memberships (e.g., as a member of a particular professional group, a particular organization, a particular work team) that have been a key focus for people's self-definition for years or decades.

Speaking to the importance of living a socially fulfilled life by involving in post-retirement activities of groups, an emerging body of research demonstrates the key role that social group memberships play in protecting health and

well-being. People derive a sense of who they are (i.e., their social identity), providing them with a sense of purpose, meaning, agency and belongingness (Haslam, S.A., Jetten J., and Postmes T., 2009).

The empirical evidence shows that the older people social relationships with others are a significant predictor of their longevity. Similarly, longitudinal evidence indicates that post-retirement engagements are (or the lack of social isolation) predictive of several key aspects of health (Racioppo, J.T., Hawkle, L.C., Crawford, L.E., 2002; Cohen, S., 2004; Putnam, R., 2000; Uchino, B.N., 2009) being associated with reduced depression (Cacioppo, J.T., Hughes, M.E., 2006) and enhanced cognitive health (Ertel, K.A., Glymour, M.E., 2008).

Building on this body of research, we hypothesise those retirees perceptions towards participation in post-retirement activities will have an important role to play in the adjustment to retirement years. This is because retirement is characterized by social losses associated with giving up work-related group memberships and associated identities (Fasbender, U, Deller, J., Wang, M., 2014). Speaking to this possibility, the present research is the first to examine the retirees from various professions and their interest to participate in post-retirement activities were empirically measured.

METHOD

Sampling Procedure

Sampling criteria

Retired professionals from five categories (teaching, research, administration, law and medicine) and who were belonging to the age group of 61-75 years were selected for the study.

Sampling Technique

Purposive sampling technique was adopted for the study (since persons who were retired from choosing categories of occupations and willing to fill the questionnaire were included for the study).

Sample Size

Retired professionals about 180 members from choosing categories of occupations were selected for the study.

Table 1: Retired Professional Distribution

S.No	Category of Retired Occupations	No. of Respondents		Total Sample
		Men	Women	
1	Teaching	30	30	60
2	Research	24	6	30
3	Administration	15	15	30
4	Lawyers	27	3	30
5	Doctors	21	9	30
6	Total	117	63	180

Selection of Retired Professionals

- Retired professionals (teaching, research and administration) list and contact details were procured from universities, Government colleges, research centers and laboratories (pension cell).
- The lawyers, retired in the Government sector list was procured from Bar Council.

- Retired doctor's details of Government hospitals and for retired doctors association located in Malakpet was obtained by the investigator.
- From the list the people belonging to the age group of 60 to 75 years were separated.
- From the list the retirees (61-75 years) who belonged to gazetted officer category were selected for the study.
- The investigator explained the purpose of research to the retirees and who came forward to participate in the investigation were selected as a sample.

MEASUREMENT TOOLS

General Profile Schedule

A general information schedule includes age, gender, educational qualification, and retired occupation of the selected sample.

Questionnaire on Post-Retirement Activity Preferences

To study the post-retirement activity preferences among retired professionals- which describes the willingness/not the willingness of the sample who wants to engage and make contributions in their respected groups.

Procedure

The retired professionals from five categories of occupations and belonging to the age range of 61-75 years were purposively selected from the Hyderabad city to conduct the study. The collected data were coded and analyzed using frequencies and percentages to identify the wisdom levels among retired professionals.

RESULTS

Table 2: Retired Professionals Willingness to Post-Retirement Preferences Based on Demographic Profile (N=180)

S. No	Category	Post Retirement Activity Preference		Total=180
		Willingness	Not Willingness	
	Age Group			
1	61-65 Years	35 (71%)	174(29%)	49 (27%)
2	66-70 Years	79 (67%)	39 (33%)	118 (65%)
3	71- 75 Years	7 (54%)	6(46%)	13 (7%)
	Total=180	121 (67%)	59 (33%)	180 (100%)
	Gender			
1	Male	85 (73%)	32 (27%)	117 (65%)
2	Female	36 (57%)	27 (43%)	63 (35%)
	Total	121 (67%)	59 (33%)	180 (100%)
	Occupation			
1	Teachers	42 (70%)	18 (30%)	43 (24)%
2	Researchers	19 (63%)	18 (37)	58 (32%)
3	Administrators	18 (60%)	12 (40%)	36 (20%)
4	Lawyers	22 (73%)	8 (27%)	23 (13%)
5	Doctors	20(67%)	10(33%)	20 (11%)
	Total	121 (67%)	59 (33%)	180 (100%)

The table above reveals the details of differences in willingness to post-retirement work preferences were distributed according to the age group, gender and occupation of the retired professionals.

Age wise distribution shows that, about 2/3rd of the total sample expressed 'willingness' and 1/3rd of the samples were 'not willing' to take part in post-retirement work preferences. The majority of the sample from first two age groups such as (71%) from 61-65 and (67%) from 66-70 years age group retired professionals were willing to work after retirement than the older age group retirees (71-75 years).

This might be due to the reasons that, the seniors soon after retirement searching for an employment because they might be active and energetic in doing activities, further they might feeling lonely and uninterested to stay at home without work and not enjoying their leisure time after retirement. Hence this might made the retired professionals from first two age groups to come forward to spend their time in a productive way by expressing willingness to post-retirement activities.

Regarding differences in gender, almost ¾th percent of the men (73%) and more than half of the women (57%) showed 'willingness' to post-retirement activity, indicates men exhibited more interest in working after retirement than women. This might be due to the reason that women might think that, the career years might be stressful for her because of managing dual responsibilities such as: family and work, thus women might have said 'no' to post-retirement activities.

With reference to the occupation wise differences, out of five selected professions, (73%) of lawyers committed themselves to take part in post-retirement activities followed by (70%) of teachers, (67%) of doctors, (63%) of researchers and (60%) of administrators. It was clear from the table that a high number of lawyers and teachers, less number of researchers and administrators expressed their willingness to work after their retirement.

This might be due to the variations in occupational roles performed by the retired professionals such as, researchers may have lengthy and uneven working hours in the field settings. On the other hand, lawyers also may not have fixed hour work schedule, but the teachers may have fixed and comfortable working hours, thus made them to create the differences in choosing the post-retirement activity preferences.

CONCLUSIONS

The findings of the study revealed that, the majority of the retired professionals are interested to take part in post-retirement activities. This has various advantages in terms of their health, quality of life, social identity and sharing of knowledge, wisdom and experiences to the people involved in the group. These findings not only identify a new place for retirement research, but also suggest a new avenue for practical intervention.

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